

Outdoor Course or Mobile Low Ropes Course - Phase 2

Phase 2 of our Leadership Experiential Education Adventure process (LE²AP) for 7th grade is a choice between the Outdoor Course located at Volk Field or a mobile low Ropes course that is brought direct to schools. These courses focus on role models, leadership, honesty, integrity, choices and consequences.



The Outdoor Course at Volk Field in Camp Douglas, WI has about 15 activities situated in a wooded setting. Participants travel along a saw dust path to the different activities that are made out of wood, logs, trees, wire and ropes. Some activities require lifting and balancing on wood or logs and swinging on ropes. However, all events are extremely safe and spotting techniques are required for safety of the participants.

The mobile low Ropes course is similar to the Outdoor Course but can be set up in a full-sized gym. The mobile low Ropes course has some of the same activities plus several others that require minimal set up. Participants will still lift and balance on boards and also swing on ropes.



The structure of an Outdoor Course and mobile course event are identical. A typical event lasts 2 – 3 hours. At the start of the event all participants sit together and receive an opening message from our team of National Guard facilitators. The message will discuss who we are, why we are there and what we intend to talk about. Our main emphasis is on drugs and alcohol, but we also discuss the long-term impact of negative decisions, the importance of having a plan in life and value of teamwork.

Participants also receive a safety brief and are then placed into one large circle to take part in “icebreakers.” These icebreakers are large group activities that include all participants and prepare them for more challenging activities that will follow.

Participants are then split into groups of 10 – 13 members. Each group is assigned a National Guard facilitator that will take the participants through several activities. At the end of each activity the facilitator will process the experience and discuss the successes and failures of the activity. The processing of an activity is extremely important. This processing will help the youth understand how the positive and negative decisions made during the activity can relate to real-life situations. Each group will typically complete 3 – 6 events based on time available.

When all activities are completed participants sit together once again and receive a closing message. This message wraps together all that was discussed throughout the day and focuses on those aspects that will help youth live a life free of drugs and alcohol.

Themes and messages for phase 2 are age appropriate. We discuss specific topics about the dangers of drugs and alcohol and how it can affect ones life and the lives of those around them. Also, all our activities are “challenge by choice.” No one is required to participate in any event if they do not wish, but are strongly encouraged to participate.



Our program is extremely unique in that we use experiential education to help youth acquire the decision making, self-esteem, leadership, skills and knowledge necessary to combat the dangers of drugs and alcohol. The Wisconsin National Guard takes great pride in our ability to serve youth throughout the state in our drug demand reduction efforts.

Wisconsin National Guard * 608-242-3543 * Drug Control Program
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